**LESSON PLAN FOR AMERICAN CIVIL WAR KITCHEN**

Appomattox Court House National Historical Park
TRT Peggy Voorhees 9/1/2014

Visit the log kitchen of the McLean House to learn about life in nineteenth century Virginia.

Take an inside look at a nineteenth century kitchen and imagine yourself preparing a meal with the technology of the time period. It will be revealed that much of the tasks and techniques of the kitchen are similar to those of today. The chores and diet of the typical Virginia household will be looked at with an emphasis on seasonal cooking. In this way, visitors are sure to develop a deeper understanding of period culture.

The McLean House and Log Kitchen

The kitchen for the McLean House is a separate building behind the main house. Here slaves would prepare the food to be brought to the main house.
Appomattox Court House Historical Park
http://www.nps.gov/apco/index.htm

Poplar dough bowl with eggs, basil, and apples.

**Learning Objectives:**
The student will be able to describe human migration and cultural interaction of the region
The student will comprehend the concept of seasonal cooking
The student will recognize the perspective of time and place
The student will recognize the connection from past to present
The student will be able to compare and contrast technology past and present
The student will understand the usefulness of primary sources for the study of the social sciences
The student will be able to describe the roles, social interaction, and cultural tradition of Americans during the Civil War Era
The student will know the role of Appomattox in the American Civil War

**Background Information:**
Having an outdoor kitchen or summer kitchen was common in the American South due to the warm climate for cooking and the social norm of having the slaves work in areas apart from masters' living quarters.

The cuisine of the Southern United States was most influenced by English, Scottish, Irish, German, French, Native American, and African cultures.

Chicken, pork, greens, potatoes, and cornbread have always been Southern favorites. The Native American contribution to the Southern diet includes squash, tomatoes, and corn. Melons, black-eyed peas, okra, and sorghum have an African origin. Baking and dairy products such as sugar, flour, milk, and eggs have a European correlation.

**Major vocabulary introduced:**
REGION
RELATIVE LOCATION
CULTURAL
MIGRATION
DIFFUSION
SEASONAL FOODS
PROVISIONS
INDIGENOUS
SUBSTINENCE
PROVISIONS

**Possible logistics and script for ranger talk:**
**Procedure:**
(Vocabulary terms are in all caps)
Intro: On approaching the kitchen, questions such as, "What kinds of foods do you think the nineteenth century people in this region ate?" "What foods were available in the vicinity of this household?" "What types of foods do you think were unavailable to the people in the area?"

Optional intro:
Talk about the role Appomattox played in the American Civil War, events leading to Lee's surrender to Grant, and the causes for the war with an emphasis on slavery.

Once inside the kitchen, explain the average diet for a person living in the American South was a blending of CULTURAL influences including English, Scottish, Native American, and African. Talk about human MIGRATION and explain the DIFFUSION of culture through time and place with examples. Talk about the idea of REGION and the RELATIVE LOCATION of Appomattox.

Emphasize the concept of SEASONAL COOKING. Ask the group, "How would you describe the concept of seasonal cooking?" Discuss with examples. Encourage participation ("What kinds of animals were obtained from the wild?"/ "What foods were grown on the premises?"/ "What would have to bought or acquired through trade?") Talk about what was available and when. Define the words INDIGENOUS and SUBSTINENCE in the discussion.

Show what PROVISIONS would be kept in the typical summer kitchen. Then, begin to point out or feature various kitchen implements asking, "Who knows what this is?" or "What do you think this was used for?" Working around the kitchen area, describe the role of some of the items in preparing a basic or average meal (see attached).

Mention the well house on the McLean House lot and the role of children fetching the water. List other chores nineteenth century children would carry out, as well as general work and maintenance for a Virginia kitchen: gathering firewood, building the fire, boiling water, cutting vegetables, grinding herbs, gardening tasks, milking cows, gathering eggs, sweeping and cleaning, and washing dishes.

Then, say "Now that you see how a meal was prepared in the nineteenth century, name for me one thing that a modern kitchen can do that this one could not." Discuss and describe the practical utilization of the nineteenth century kitchen.

**Assessment:**
On-site formative questioning and observation, optional summative assessment (quiz or project) upon returning to school

**Park Connections:**
Making associations to the nineteenth century people of Appomattox through the nineteenth century kitchen, therefore achieving an accurate view of the American Civil War and Appomattox Court House

**Extensions:**
Examine the forced migration of Africans and the realities of slavery in the Americas.

Add information on preserving foods- canning, smoking, drying, pickling, and storage. Describe the usefulness and value of a root cellar. Show visitors where the small root cellar is located in the kitchen (trap door in the floor of the cabinet under the stairs).

The teacher can take the lesson further by asking students to…

Research authentic recipes, interpret, and create nineteenth century dishes

Research and describe what American Civil War Soldiers ate- provisions or rations, foraged foods, and compare and contrast Union and Confederate food supplies

Compare/ contrast food preparation today to that of the 1800s and express in the form of a differentiated product
Examples of choices to present:

- Diagram/ graphic
- Essay/ poetry
- Skit/ interview
- Poster/ flyer/ brochure
- Song/ rap

**Additional Resources:**
*A Taste for War: The Culinary History of the Blue and Gray* by William C. Davis

*Bill of Fare, Lincoln's 2nd Inauguration Ball* [1865]; University of Iowa Library http://www.lib.uiowa.edu/scua/bai/szathmary.htm

*Civil War Cookbook* by William C. Davis

*Civil War Recipes: Receipts from the pages of Godey's Lady's Book* by Lily May Spaulding and John Spaulding, editors

CivilWar@Smithsonian; *Civil War Life and Culture* www.civilwar.si.edu/life_intro.html

Confederate Food Supply

*Confederate Receipt Book* [1863];Documenting the American South
http://docsouth.unc.edu/imls/receipt/receipt.html

*Cookery as it Should Be, Mrs. Goodfellow* [Philadelphia: 1865]; University of Michigan Library http://quod.lib.umich.edu/cgi/t/text/text-idx?c=moa;idno=AEL7629

*Directions for Cooking by Troops* by Florence Nightingale
https://archive.org/details/directionsforcooonigh

*Food Rations & Cooking*; Fort Scott National Historic Park
http://www.nps.gov/fosc/forteachers/cookrations.htm

*Hardtack and Coffee: The Unwritten Story of Army Life* by John D. Billings

*In a Pickle; Types of Food Preservation in the 19th Century* by Virginia Mescher
http://raggedsoldier.com/food_preservation.pdf

*Robert E. Lee Family Cooking and Housekeeping Book* by Anne Carter Zimmer

The Civil War- National Park Service www.nps.gov/civilwar/

UNC-TV; *Cooking During the Civil War* www.unctv.org/content/civilwar/cooking

Virginia is for Lovers; Civil War National Battlefield Parks
www.virginia.org/CWNationalbattlefields/

**Materials Introduction:**
The following materials are to be used to enhance the lesson, not only as props for demonstration, but as tools to encourage historical thinking including analysis with an emphasis on perspective. The materials 1- 8 can be referred to as primary and secondary sources, as well as, teaching aids.

**Materials details:**
Material #1 Kitchen pieces, items, and apparatus
Material #2 ACHNHP Kitchen Notebook, to be utilized for the organization and preservation of additional information and resources, including the following materials:
Material #3 *Kitchen Item Photo Guide* by Peggy Voorhees

**Applicable Subjects:**
Civil War
Geography
History

Social Studies
Culinary Arts

**Related Parks:**
Antietam National Battlefield
Gettysburg National Military Park
Petersburg National Battlefield
Richmond National Battlefield Park

**Minimum grade, maximum grade:**
Fourth grade min
Twelfth grade max

**Education Standards:**
National Standards for History; Grades 5-12: 1A, 1F, 1G, 4D, 5A
Virginia Standards of Learning: Skills VS.1a,e; US1.1a,b,c; WHII.1a,e; VUS.1d,g,i; EPF.1a,b,d; CE.1; WG.3a,b,c; VS.4b; VUS.6e; VS.7a,b,c; US1.9f; VUS.7a,b,e
VACTE CAI.38, 72-106; CAII.59, 60-95

**Applicable Keywords:**
1800s Kitchen
American Civil War
Children's Chores
Food Preparation
Food Preservation
Nineteenth Century
Seasonal Cooking
Summer Kitchen

Additional resources:

1. Prices 1861

## Prices 1861

**Prices in the Macon [Georgia] market.**--The prices for all leading articles are considerably lower than in any other city, as is concluseivley demonstrated by the fact that our merchants are daily shipping goods to all the principal cities in this and adjoining States. Retail country dealers have therefore only to choose whether they will pay the prices demanded by our merchangts and thus keep the good share, or let them be sold to other points. Our merchants, so far, have not ran the prices up to correspond with other cities, and prices have only advanced with the heavy demand. For instance, the single article of Lard Oil is quote in New Oreans at from 2.50-3.00 per gallon; it is quoted in our market at from 2.75-3.00 per gallon.

**Groceries**

Bacon.--The market has been stationary. Clear sides held firm at 2-3 cents. Hams 24 to 26 cents and Shoulders 24-25 cents. The stock on hand is nearly exhausted. Canvasses and country ham, 28-30 cents.

Lard.--Stock exhausetd. Sellling at 25 cents

Flour. Advancing. Superfine, 3.50-3.75, Family, 4.00. Stock light

Corn meal. Good demand at 1.00-1.05
Coffee.--Very light stock. Rio, 40-45 cents. Laguria, 45-50 cents. Java, 45-50 cents.
Rice. Very good stock. Sells from 3.5-4.5 cents
Sugars.--New Orleans, 9.5-13.5 cents. The stock of A, B, and C Refined Coffee Sugars have become exhausted. Crushed and Powdered, 25 cents.
Molasses.--Declined 5 cents per gallon. Cuba 50-55 cents. Golden Syrup, 80 cents-1.00. New Orleans Syrup, 50 cents.
Soda.--Super Carbonate, 25 cents. Considerable advance.
Salt.--7.50-8.00. This article is rapidly advancing.
Wheat-In good demand at 1.25
Corn.--New corn is selling at 75 cents
Oats.--But few in market quoted at 60-65 cents shelled
Rye.--1.25/bushel
barley.--Barley brings 1.50/bushel
Peas.--In great demand. A large quantity can be disposed of at from 85-90 cents.
---SOURCE: *Macon [Daily] Telegraph*, Macon Georgia, October 31, 1861 (p. 3)

2. Recipe for Corn Bread

**Corn Bread**

(from the *American Heritage Cookbook,* American Heritage [magazine] editors, Volume 2: Menus and Recipes)

**"Cracklin' Bread (South)** (cracklin' is the fat rendered after cooking bacon)
3/4 cup finely diced salt pork
2 cups corn meal
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
2 eggs, well beaten
1 cup buttermilk
2 tablespoons salt-pork drippings

Fry salt pork over a low heat until nicely browned. Drain fat, saving both drippings and cracklings. Sift together corn meal, baking powder, baking soda, and salt. Combine eggs, buttermilk, and drippings. Stir into corn-meal mixture, together with cracklings. Spread dough in a greased 11 X 7 X 1 1/2 inch baking pan and bake in a preheated 400 degree oven for 25-30 minutes." ---(p. 450)
(note: if you can't get salt pork you can fry up some bacon, about 4-6 slices. It will create the same effect of taste/amount of cooking fat.)

3. Information on Hardtack

## Hardtack

### Hardtack & Ship's Biscuit

Hardtack (Army)and Ship's Biscuit (Navy) descend from ancient Roman Army hard breads. They were issued to Revolutionary War soldiers on all sides, a staple food for new world explorers and regretfully consumed by Civil War soldiers. Why? For the most part it was portable, nutritious, and filling. On the other hand...it was monotonous, hard to eat, and did go bad.

"Hardtack. Also, "sea biscuit," "sea bread," "ship biscuit," and "pilot bread," A hard biscuit made with flour and water but not shortening or yeast. The word is a combination of "hard," for the firm consistency of the biscuit, and "tack," an English word meaning "food."...Hardtack was long part of the staple diet of English and American sailors, because of its ability to keep for lengthy periods of time at sea."
---*Encyclopedia of American Food and Drink*, John F. Mariani [Lebhar-Friedman:New York] 1999 (p. 150-1)

"For centuries, hard breads made of flour and water and baked into round, oval, or square shapes have accompanied travlers on long treks, soldiers in military campaigns, and sailors at sea. Hardtack's first important North American role was in sustaining crews and passengers of European vessels en route to the New World and as a ration in the ensuing sea-borne trade. Ships' bread continued to feed seamen well into the twentieth century. Hardtack, was also known as biscuit, crackers, ships's bread or biscuit, hard bread or biscuit or crackers; soft tack was fresh bread. Military biscuit predated the independent United States, serving armies in both Europe and North America and was an important rations for the Continental Army in the Revolutionary War (1774-1783). General George Washington constantly asked the baking superintendent Christopher Ludwich for large quantities to feed his campaigning soldiers...This durable foodstuff achieved iconic status during the American Civil War (1861-1865)."
---*Oxford Encyclopedia of Food and Drink in America*, Andrew F. Smith editor [Oxford University Press:New York] 2004, Volume 1 (p. 589)

"Much of the tainted or inferior food that reached the military resulted from bureaucratic bungling and corrupt suppliers, but on good days Northern troops could expect over a pound a fresh beef and almost a pound and a half of soft bread, cornmeal, or hardtack, the latter a ubiquitous cracker that could also be found among Confederate army rations. Made of plain flour andwater, hardtack was similar in shape and design to a modern saltine cracker, but larger and thicker and a lot harder, especially when stale (as it almost invariably was). Hardtack was commonly crumbled into coffee or soup or soaked in water and then fried in pork fat until brown. But regardless of preparation, so notoriously hard was the cracker that it was the constant subject of derisive soungs and jokes, like the one about the Kansas soldier who found something soft in his hardtack--a ten-penny nail. In Northern camps and hospitals, milk toast was made of hardtack

soaked in condensed milk, a product that became widely available to federal troops when the Union appropriated the entire output of Gail Borden's condensed milk plant in Connecticut."
---*From Hardtack to Home Fries: An Uncommon History of American Cooks and Meals*, Barbara Haber [Free Press:New York] 2002 (p. 50-1)

"...the real staple of their [Confederate soldiers] diet, something that only an army bureaucrat could call bread, a product of reputedly ancient origins--and equally ancient manufacture to the soldiers' minds--that so-called "army bread" or "hard bread" that Voris mentioned, universally known after 1861 as hardtack. Its precise birth is obscure, but it had been used in European armies for generations and in the United States Army before the [Civil] war. The cracker--for such it was--was simplicity itself, just wheat flour and water in a rough proportion of six to one, mixed and rolled out into a thickness of about three-eighths of an inch, then cut into roughly three-inch squares. Perforated with a few holes to speed baking, the crackers went into ovens at standard bread-baking heat, and after twenty to thirty minutes, they emerged as hardtack, imperishable, indestructable, and practically indedible, too hard to chew, too small for shoeing mules, and too big to use as bullets, though one Illinois private assured his friends that "we live on crackers so hard that if we had of loaded our guns with then we could have killed...in a hurry." Soldiers often quipped that their ration had been in storage in commissary vaults at least since the war with Mexico in 1846-1848...Yet somehow, they ate it and used it in puddings, stews, and bizarre dishes of their own invention. They also cursed it and threw it away...Perversely, the soldier became almost fond of it, so long as they did not have to eat it...On the march when soft bread was not available, the standard daily ration of hardtack was nine or ten crackers per man according to the whim of his commissary..."
---*A Taste for War*, William C. Davis [Stackpole Books:Mechanicsville PA] 2003 (p. 40-1)

**Ship's biscuit**
This was the Navy's answer to hardtack.

"...the Royal Navy preferred biscuit to bread. Biscuit would keep for many montys, it came in handy pieces, and because it did not require any form of leaven it dod not need any great skill to make and it could be made in large quantities more quickly than the equivalent weight of soft bread. The method was equally simple: water was added to flour, it was mixed, kneaded until smooth, rolled, cut, stamped with the broad arrow (affectionately known as the 'crow's food') which marked it as Crown property, baked, cooled, and packed. The process required no great degree of knowledge or careful temperature control both of which were essential for the methods of bread-baking used at the time...Some of the biscuit was bought from outside contractors, some was madee by the Victualling Board at its depts in Deptford, Portsmouth and Plymouth, and later in some of its victualling yards abroad. They were made of whole-meal, some of the surviving specimens containing quite large pieces of recognisable wheat grains. The contracts for outside bakers stated that the biscuits should 'weigh not less than five to the pound' (ie at least 3.2 ounces or 91 grams each) and that they should be packed in bags of hundredweight. The shape was not specified and they could be square, round or

octagonal, usually pricked with holes and with the broad arrow and a letter designating the bakery stamped in the middle. This compressed dough, making the middle even harder than the rest; eaters tended to leave this hard piece until last, designating them 'pursers' nuts'. It was almost impossible to bite into these biscuits without first soaking them. The normal technique was to break bits off on the edge of a table, or to use a hard object to crush them, having first wrapped them in a piece of cloth to avoid explosive dispersal. These pieces could be sucked and chewed, or added to soup or gravy. Despite their hardness, these biscuits were tasty enough. It was when they became damp that the taste deteriorated and the livestock moved in. The secret of keeping the biscuit dry was to pack it in airtight boxes; the Dutch knew this as early as the seventeenth century. American sailors knew it too, but somehow the message did not get through to the British Admirality until well into the nineteenth century. Captian Basil Hall, writing of his experiences during the War of 1812, remarked on this: American biscuit, he said, was tasty and good quality and he attributed this to their practice of keeping it sealed up until needed, whereas the British practice was to ventilate the bread room in fine weather with the aid of wind-sails which funnelled air down from above. Unfortunately in warm weather this air was warm and moist while the cellar-like bread room was cold; the biscuit absorbed this damp air and the process of deterioration started. When the bread ran short, or had deteriorated beyond the eatable stage, the standard substitute was rice, issued on an equal-weight basis: one pound of uncooked rice was considered by the Victually Board to be equal to one pound of biscuit."
---*Feeding Nelson's Navy: The True Story of Food at Sea in the Georgian Era*, Janet MacDonald [Stackpole Books:Mechanicsburg PA] 2004 (p. 16-18)

**How to make ship's biscuit?**
"The original method. The biscuit-making process at Deptford victualling yard was on a grand scale, producing almost 25,000 pounds of biscuit a day from twelve ovens, each baking twenty batches a day, and being fed wtih raw biscuits by a team of seven men. To knead the dough they used a device called a horse; this consisted of a circular platform on which a big lump of flour and water dough was placed, and a wide lever mounted on a central pole which a man 'rode' like a hobby horse, jumping it up and down to knead the dough, working his way round the circle as many times as it took to bring the dough to the desired state. It was then passed, in sequence, to a series of men who cut the dough, moulded it into shape, stamped it, split it into two biscuits, arranged it on a peel and 'shot' it into the oven to bake."
---*Feeding Nelson's Navy: The True Story of Food at Sea in the Georgian Era*, Janet MacDonald [Stackpole Books:Mechanicsburg PA] 2004 (p. 184)
[NOTE: This book also offers a modernized version for home cooks.]

4. Substitutes for Coffee

## Civil War Substitutes for Coffee

**Coffee substitutes**
When real coffee was unavailable, a variety of alternative substitutes were employed. The final brew varied from borderline acceptable to downright undrinkable. The best documented examples come from the American South during the Civil War. Mary Elizabeth Massey's research is regularly referenced by contemporary authors. Every sentence is footnoted back to the primary document. Comprehensive bibliography and excellent index are also offered. In Ms. Massey's own words:

"Beverages also were scarce in the Confederacy and coffee was the most sorely missed of them all. Certainly the shortage of no other beverage was responsible for such frequent complaint by contemporaries. One wrote that 'The coffee shortage caused more actual discomfort among the people at large' than did any other. This commodity began to disappear before the summer of 1861 had passed, and it was rarely seen after the fall of the same year. When one woman had to give it up, she wrote that she lost her 'elasticity of spirit.' Another cried 'Sour Grapes' to those who vowed that they did not miss the universal brew. But as one saw apple pies without apples, one also found 'coffee' houses where no coffee was served. So dear did coffee become that the jewelers in Atlanta were reported to have bought all the coffee available 'for sets in breast pins instead of diamonds.' There were those, however, who managed to have a little coffee from time to time. Some had hoarded a supply, and a small quantity continued to come through the blockade. Rhose who had coffee usually brewed a weak beverage and added other ingredients to make it go further. These blends might include parched corn, rye, wheat, okra seed or chicory, and the resutls were not always satisfactory. One diarist declared that such adulterated coffee was delicious, another thought it nauseating. Whenever the real product made its appearance, it was the signal for unrepressed glee. Sometimes it was referred to as 'true-true' coffee, and one young lady, in recording the day's menu in her diary, underlined 'real coffee' twice. When a train carrying 'blockade' coffee was wrecked nar Sumpter, South Carolina, the eager, thirsty, inhabitants of the area rushed to the scene of the wreck and took home sacks of the real bean. One editor worte that 'more real coffee has been drunk in that neighborhood within a few days than for a long time. The civilian population attacked the problem of substitutes for coffee with a determination and energy unlike that exhibited in the search for other expedients. No other single item had more substitutes. The people worked at the project unceasingly, with the result that 'few were the substances which did not...find their way into a coffee pot.' Boundless was the pride of the housewife who discovered and put into use a substitute that would deceive her guests into thinking that they were drinking the real thing. Nearly all women had their own combinations, but usually they shared the secret with those who were interested. Among the most popular, and apparently the most successful, of the substitutes was rye. This was boiled, dried, then ground like coffee. A mild debate was carried on through the newspapers as to whether or not rye thus used was harmful to the body; regardless of the points made, people continued to use it. Another substitute frequently use was okra seed. More expensive and troublesome than rye, it was nevertheless popular. Its proponents were convinced that it was by far the best substitute. The okra seeds were dried and parched in a similar manner to rye. Corn, too, was used and prepared in a like manner, and there were thouse who preferred corn 'coffee' to any other. The dashing

General J.E.B. Stuart was reported to be of this group. Sweet potato 'coffee' was another of the more popular wartime expedients. Potatoes were peeled and cut into 'chunks' about ths size of coffee berries. The pieces were spread out in the sun to dry, then parched until brown, after which they were ground. The grounds were mixed with a little water until a paste resulted, after which hot water was added. When the grounds settled to the bottom of the coffee pot, the beverage could be poured and drunk...Other coffee substitutes were acorns, dandelion roots, sugar cane, parched rice, cotton seed, sourghum molasses, English peas, peanuts, wheat, and beans."
---*Ersatz on the Confederacy: Shortages and Substitutes on the Southern Homefront*, Mary Elizabeth Massey, with a new introduction by Barbara L. Bellows [University of South Carolina Press:Columbia SC] 1952, 1993 (p. 72-72)

**Recipes & brewing notes**
"Coffee Substitutes: As substitutes for coffee, some use dry brown bread crusts, and roast them; other soak rye grain in rum, and roast it; other roast peas in the same way as coffee. None of these are very good; and peas so used are considered unhealthy. Where there is a large family of apprentices and workmen, the coffee is very dear, it may be worth while to use the substitutes, or to mix them half and with coffee; but, after all, the best economy is to go without. French coffee is so celebrated, that it may be worth while to tell how it is made; though no prudent housekeeper will make it, unless she has boarders, who are willing to pay for expensive cooking. The coffee should be roasted more than is common with us; it should not hang drying over the fire, but should be roasted quic; it should be ground soon after roasting, and used as soon as it is ground. Those who pride themselves on first-rate coffee, burn it and grind it every morning. The powder should be placed in the coffee-pot in the proportions of an ounce to less than a pint of water. The water should be poured upon the coffee boiling hot. The coffee should be kept at the boiling point; but should not boil. Coffee made in this way must be made in a biggin. It should not be clear in a common coffee-pot. A bit of fish-skin as big as a ninepiece, thrown into coffee while it is boiling, tends to make it clear. If you use it just as it comes from the salt-fish, it will be apt to give an unpleasant taste to the coffee: it should be washed clean as a bit of cloth, and hung up till perfectly dry. The whites of eggs, and even egg shells are good to settle coffee. Rind of salt pork is excellent. Some people think coffee is richer and clearer for having a bit of sweet butter, or a whole egg, dropped in and stirred, just before it is done roasting, and ground up, shell and all, with the coffee. But these things are not economical, except on a farm, where butter and eggs are plenty. A half a gill of cold water, poured in after you take your coffee-pot off the fire, will usually settle the coffee. If you have not cream for coffee, it is a very great improvement to boil your milk, and use it while hot.---*Amercian Frugal Housewife*, 1830."
---*Early American Beverages* (p. 88-89)

**Acorns**
"Acorn Coffee: Take sound a ripe acorns, peel off the shell or husk, divide the kernels, dry them gradually, and then roast them in a close vessel or roaster, keeping them continually stirring; in doing which special care must be taken that they be not burnt or roasted too much, both which would be hurtful. Take of these roasted acorns ground like other coffee) half an ounce every other morning and evening, alone mixed with a dram of other coffee, and sweetened with sugar, or with or without milk. This receipt is recommended by a famous German physician, as a much esteemed, wholesome nourishing, strengthening nutriment for mankind; which, by its medicinal

qualities, had been found to cure slimy obstructions in the viscera, and to remove nervous complaints when other medicines have failed. Remark: Since they duty was taken off, West India coffees is so cheap that substitutes are not worth making. On the continent the roasted roots of the wild chicory, a common weed, have been used with advantaged. ---Family Receipt Book, 1819." ---*Early American Beverages* (p. 100)

**Sweet potatoes**
"1282. Cheap and valuable substitute for Coffee.--The flour of rye, and yellow potatoes, are found an excellent substitute for coffee. Boil, peel, and mash potatoes, then mix with the meal into a cake, which is to be dried in an oven, and afterwards reduced to a powder, which will make a beverage very similar to coffee in its taste, as well as other properties, and not in the least detrimental to health."
---*Mrs. Hale's Receipts for the Million*, Mrs. Sarah Josepha Hale [T.B. Peterson:Philadelphia] 1857 (p. 352)
[NOTE: Mrs. Hale's *Good Housekeeper* c. 1841 does not include the above recipe. In addressing coffee substitutes it reads: "Several substitutes for coffee are used by those who cannot afford the real berry--rye, peas, &c. None of these are very healthy, and certainly are certainly not good." (p. 111)]

**Okra**
"Ochra: It is said that the seeds of the ochra burnt like coffee, made a beverage almost exactly like it.--Beecher's Receipt Book, 1857."
---*Early American Beverages*, John Hull Brown [Bonanza Books:New York] 1966 (p. 89)

**Corn**
Betty Fussell's Story of Corn mentions corn [maize] was used as a coffee substitute during the Civil War but does not elucidate or provide reference. She also mentions this recipe for "Dyspepsia Coffee," which may or may not be similar:

**"Dyspepsia Coffee.**
Libbie Thompson, Leroy.
Take a pint of corn meal and mix with molasses enough to wet it; put in a bake pan and brown the same as coffee. Put half meal and half coffee, which makes the coffee excellent."
---*Kansas Home Cook-Book*, Mrs. C.H. Cushing and Mrs. B. Gray, facsimile 1886 edition [Creative Cookbooks:Monterey CA] 2001 (p. 269)

**Rye**
The only recipe we find employing rye is connected with Texas, c. 1900. It also offers a recipe using beet root!

"Hunts Breakfast Powder"--Rye roasted with a little butter and ground fine. An excellent substitute for coffee. Boil thoroughly. Coffee (cheap substitute)--Chop beet root fine, and dry in a closed pan over the fire. Then roast with a little fresh butter until it can be ground."
---*A Pinch of This and a Handful of That*, Delma Cothran Thames [Eakin Press:Austin TX] 1988 (p. 3)